



You are your **greatest advocate** in living a life well lived. Creating a personal and professional vision will assist you in **achieving your best self**.

During this **free eight-week** workshop you will explore what makes **life meaningful** for you and how to **make changes** that will promote wellbeing.

The workshop will include:

- Identifying your strengths and applying them at home and work;
- Job Seeking Skills to get the job you want;
- Fostering positive emotions;
- Decision-making and problem solving skills;
- Mindfulness Based Stress Reduction.

*Participants will receive Target Gift Cards.
Parking and Refreshments will be provided.*

**When: Tuesday evenings, 5:30-7:30,
January 13-March 3, 2015**

How to participate:

**If you are a Veteran or Active Duty and are
interested in participating, or have questions, contact Dr.
Amy Armstrong at ajarmstr@vcu.edu**



Sponsored by Sheltering Arms Community Foundation